

“Handling Loss During a Difficult Time”
John 11

“Sometimes something useless happens on earth. Bad things happen to good people, and good things happen to bad people.” Ecclesiastes 8:14

“...my heart is wounded within me... I fade away like an evening shadow.” Psalm 109:22,23

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” Romans 8:28

God allows pain because he has given me a free will, to get my attention and to teach me to depend upon Him.

“The Lord isn’t slow to do what he promised, as some people think. Rather, he is patient for your sake.” 2 Peter 3:9

Principle: Waiting on the Lord is an act of obedience.

“Be still before the Lord and wait patiently for him.” Psalm 37:7

“And the dust returns to the ground it came from, and the spirit returns to God who gave it.” Ecclesiastes 12:7

Society’s approach to handling grief:

1. Bury the pain
2. Replace the loss
3. Grieve alone
4. Give it time
5. Plan to live with regret
6. Wall up and never trust again

How can I handle loss during a difficult time?

1. I must receive from others.

“Carry each other’s burdens. By helping each other with your troubles, you obey the law of Christ.” Galatians 6:2

“Look after each other so that not one of you will fail to find God’s best blessings.” Hebrews 12:15

Principle: Overcoming loss is a personal process. We all grieve in different ways.

2. I must release my grief.

“Blessed are those who mourn, for they will be comforted.” Matthew 5:4

“Pour out your heart to God, for He is our refuge.” Psalm 62:8

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” Psalm 34:18

3. I must rely on Christ.

“I have learned the secret of being happy at any time in everything that happens. I can do all things through Christ because He gives me the strength.” Philippians 4:12, 13

How can I rely on Christ?

1. Lean on Him for stability.

“Those who trust in the Lord are as steady as Mount Zion, unmoved by any circumstance.” Psalm 125:1

“You, Lord, give true peace to those who depend on you.” Psalm 26:3

“Such a person will not be overthrown by evil circumstances. God’s constant care of him will make a deep impression on all who see it. He doesn’t fear bad news nor live in dread of what may happen for he is settled in his mind that God will take care of him.” Psalm 112:6, 7

2. Listen to Christ for direction.

“I know what I am planning for you,” says the Lord, “I have good plans for you, not plans to hurt you. I will give you hope and a good future.” Jeremiah 29:11

3. Look to Christ for salvation.

4. I must refuse to be bitter.

“Some people have no happiness at all. They live and die with bitter hearts.” Job 21:25

“Watch out that no bitterness takes root among you. It causes deep trouble, hurting many in their Spiritual lives.” Hebrews 12:15

How can you refuse to be bitter?

1. Accept what cannot be changed.

“Reach out to God, then face the world again, firm and courageous.” Job 11:13, 16

Road to acceptance: denial, anger, bargaining, depression.

2. Look at what’s left, rather than what’s lost

“No matter what happens, always be thankful for this is God’s will for you.” 1 Thessalonians 5:18

5. I must remember what is important in the season of loss.

“Life is not measured by how much one owns.” Luke 12:15

“We brought nothing into the world and we can take nothing out of it.” 1 Timothy 6:7

“He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who wait on the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Isaiah 40:29-31